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A War-Food Message

For the American Home

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 BY THE
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Issued by the
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of the United States

A War-Food Message for the American Home

WHAT THIS MESSAGE IS

It's just a plain, everyday guide to help you win the war. It's just as much your duty to read it and follow it as it is the duty of the soldier to read and follow his instructions.

This is YOUR war guide for use in YOUR home.

It tells you what foods we must save to supply ourselves and our Allies; it tells you what foods you can eat in place of those saved without loss to your health, strength or contentment.

Your Government does not want you to give up three square meals a day—or even one. All it asks is that you eat less of the foods that are so greatly needed by our armies, our Allies' armies and the people behind them, and more of the foods that are plentiful.

Eat plenty—you won't help win the war if you are hungry and poorly nourished. You are not asked to sacrifice your health, but only some kitchen and table habits.

FOODS WE MUST SAVE

America and her Allies must not run out of WHEAT, MEAT or FATS. If we do Germany will win the war.

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We must save SUGAR; use every drop of MILK.

If you have given a son or a brother or a husband to fight; if your daughter or sister or wife is nursing at the front; if you have bought a Liberty Bond, or helped the Red Cross Fund, or sent money to save a little war orphan from starvation—if you have done any or all of these things and think you have done your full share—

KNOW THE GRIM TRUTH

All the blood, all the heroism, all the money and all the munitions in the world will not win this war UNLESS OUR ALLIES AND THE PEOPLE BEHIND THEM ARE FED.

They will not be fed, your sacrifice of blood and money will be in vain, we shall go hungry and a GREAT CAUSE will be lost unless you stand guard each day in your home over YOUR supply of

WHEAT, MEAT, FATS, SUGAR, MILK.

HOW YOU CAN SAVE FOODS!

You cannot save food until you understand
WHY YOU EAT.

You eat because you are hungry. Hunger is the alarm warning you that if you want to keep

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the machinery of your body running full time, you must put more fuel in the furnace, the worn parts must be repaired, and the body must be built up and stimulated to enable you to carry on the activities of life.

Not every food does all these things. It is the function of some kinds of food to make energy, others to strengthen the body, while still others make the body grow and keep the various organs working.

BUTTER produces energy, it stimulates growth. Eggs and cheese repair worn parts and also supply energy.

At each meal we eat different kinds of food so that all these activities may go on in our bodies, so that we may perform well the daily work before us.

TWO GREAT CLASSES OF FOODS

All foods may be divided into two great classes: Those that supply energy and those chiefly valuable for the body's growth and repair.

After noting these simple facts study the following tables:

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To Keep Up Your Energy Eat

Foods that are Starchy, such as	Foods that are Sugary, such as	Foods that are Fatty, such as
White Potatoes	SUGAR	CREAM
Sweet Potatoes	Syrups	BUTTER
Rice	Molasses	Egg Yolk
Cornmeal	Honey	Oleomargarine
Hominy	Dates	BACON
Oatmeal	Prunes	PORK
Barley	Dried Peaches	LARD
WHITE BREAD	Raisins	SUE T
Peanuts	Figs	Vegetable Oils
Dried Navy Beans	Jellies	Vegetable Fats
Dried Lima Beans	Jams	BEEF DRIPPINGS
Split Peas	CANDIES	Goose Oil
Bananas	Cakes	CHICKEN FAT
Chestnuts	Dried Apples	Peanut Butter
Apricots	Maple Sugar	Soy Beans

For Growth and Repair Eat

Foods that are Rich in Mineral Matter, such as	Repair Foods, such as	Foods that are Rich in Protein, such as
MILK	Navy Beans	MILK
Egg Yolk	Kidney Beans	Eggs
Prunes	Lima Beans	Poultry
Carrots	Lentils	Game
Spinach	Peas	Fish
Celery	Nuts	Cheese
Turnips	Corn	BEEF
Onions	WHEAT	VEAL
All Fruits	Oats	MUTTON
All Greens	Barley	PORK
All Fresh Salads	Rye	Soy Beans
Whole Grains	Buckwheat	Peanuts

**Use Sparingly the Foods Printed in CAPITAL Letters
Use Freely All Others**

EAT YOUR WAR BREAD NOW!

In the list of energy foods you will find BREAD, printed in capital letters. That means WHEAT BREAD. The capital letters mean that there is danger of the supply giving out and that you must eat sparingly of it.

In place of WHEAT bread eat rye bread, corn bread, oatmeal bread, barley bread. That's what the European nations are doing to save WHEAT.

The WHEAT crop everywhere is short, and unless we save, a WHEAT famine is inevitable.

In a year 133,000,000 bushels of WHEAT will be saved for our armies and our Allies if every person in this country will use a pound less of WHEAT flour a week.

Make bread without WHEAT FLOUR. A mixture of WHEAT and oatmeal has a higher value as a growth food than WHEAT bread.

Eat a baked potato instead of a slice of WHEAT bread. Potatoes are plentiful.

Eat less cake and pie; the WHEAT flour so saved will keep a fighter in the trenches. When you DO use WHEAT bread, avoid stale bread by cutting the slices at the table as needed. Make puddings, muffins and griddle cakes out of stale bread, dried crusts and scraps.

Share your WHEAT bread with the Allies.

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Germany is eating "War Bread."

It is better to eat our OWN war bread Now than to eat German black bread later.

HINDENBURG DEMANDED FATS!

Not long ago Field Marshal Hindenburg sent word to the German Government at Berlin that if his troops and the men and women who were making shells in the factories didn't have more FATS—something would happen to Germany.

FATS supply energy. Some FATS are also necessary for growth and repair. All FATS are important in the upkeep of the body. Hindenburg knew that if the German people did not get more FATS they would be too weak to fight or work.

The FATS we waste would almost supply Germany. Avoid waste and save them for ourselves and our Allies.

Glycerine, the chief substance used in making explosives, is made from FATS. Think of the thousands of tons of explosives that have been made in the last three years and you will understand why FATS are so badly needed.

Give the children butter on their bread; they need it. Don't use it for cooking. Use FAT drippings. Trim your own MEAT and use the FAT to melt into drippings.

Keep FATS out of the garbage pail.

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Use peanut oil and cottonseed oil as substitutes for animal FATS whenever possible.

Over 395,000 tons would be saved in America in a year if everyone used one-third of an ounce less of FATS from meats a day.

Don't waste soap which is made of FATS

FATS which cannot be used for cooking may be saved and later made into soap for household use.

WHY MEAT IS SO HIGH

You have wondered why MEAT is so high that the cheapest cuts are now in the luxury class.

One chief reason is that the number of people in this country has increased faster than the number of MEAT animals.

There are several reasons for this.

The open country in the West which was formerly used for grazing by hundreds of thousands of cattle and sheep has been cut up into farms, where crops have replaced the animals.

Hog cholera, foot and mouth disease and other diseases have also reduced the supply.

Four years before we entered the war our Government started plans to increase the live stock supply **JUST TO FEED US IN PEACE TIMES.**

We're at war now, our armies need thousands of tons of MEAT. So do our Allies. Unless we eat less MEAT at home the price will

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go still higher, and our boys in the trenches will be only half fed.

There are many foods available which can be used in place of MEAT.

We must save MEAT to save ourselves!

You can eat fish in place of MEAT and be just as nealthy and at the same time save money.

Peanut butter and other fats are just as nourishing as MEAT. MILK, eggs and cheese will take the place of MEAT.

WHEAT bread, dried white beans, dried lima beans and dried peas should not be used as substitutes for MEAT, unless used with MILK, cheese, eggs or plenty of green vegetables, greens or salads.

One ounce less of MEAT each day for everyone means a saving of 4,400,000 MEAT animals a year. Save YOUR ounce. The sacrifice is small, but the result for your country is large.

SAVE AN OUNCE OF SUGAR

SUGAR is one of the energy foods that we must save. Unless we guard the supply of SUGAR the supply will run low and the price will be higher.

One ounce of SUGAR, a half cup of WHEAT flour, an ounce of FAT each day—it's these little savings that will win the war and the little things we FAIL to do will lose or prolong it.

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1,185,000 tons of SUGAR will be saved the first year if each of us uses one ounce less each day. This will keep SUGAR plentiful and cheap.

Give the children syrup, honey, molasses or preserves instead of so much candy. Cut down on the amount of SUGAR in your coffee and tea and don't leave any in the bottom of your cup.

Use SUGAR in putting up preserves, because by eating preserves we save FATS. If you eat SUGAR to furnish energy and not to tickle the palate, you won't have any trouble saving your ounce a day. We shall need all the energy available for the big task of winning this war.

OUR MILK SUPPLY IS SHORT

War conditions have made a shortage in the MILK supply. In planting crops for food for ourselves and our Allies we have overlooked providing feed for the cows this winter. Feed is high now and probably will be higher—so high already that thousands of MILK cows have been killed for MEAT.

Our babies and growing children **MUST** have MILK to be strong and healthy. For their sakes we cannot afford to waste a drop.

A quart of MILK gives as much energy as eleven ounces of sirloin steak or $8\frac{1}{2}$ eggs.

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Skim MILK is as rich in protein and mineral matter as whole milk, only the FAT is lacking. Drink skim milk and use it in cooking. Give the children whole milk, or skim milk plus plenty of butter.

Sour milk can be used for making cottage cheese and for cooking.

WHAT IS A PATRIOT?

Too many of us think that patriotism consists entirely of waving flags, cheering the troops and singing the national anthem—that is, those of us who cannot go to the front.

Patriotism is something more. YOU are a red-blooded patriot when you observe the message between these covers and do your part in the nation-wide campaign for saving food.

“Patriotism,” declares our President, “consists in some very practical things—practical in that they belong to the life of every day, that they wear no extraordinary distinction about them, that they are connected with commonplace duty.

“The way to be patriotic in America is not only to love America, but to love the duty that lies nearest to our hand, and know that in performing it we are serving our country.”